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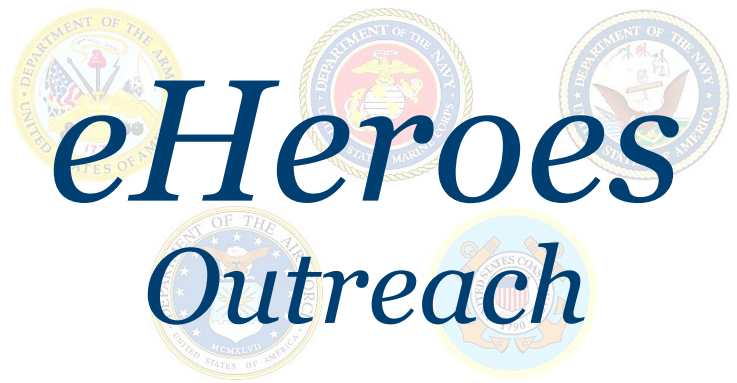


Director

Timothy J. Cooke



[Click here for directions
www.martinsburg.va.gov](http://www.martinsburg.va.gov)



About us

Since 1944, the Martinsburg VA Medical Center has been improving the health of the men and women who have so proudly served our nation. We consider it our privilege to serve your health care needs in any way we can. Services are available to more than 126,000 Veterans living in 22 counties in Western Maryland, West Virginia, South Central Pennsylvania and Northwest Virginia.

Our mission is to honor America's Veterans as heroes by providing the highest quality health care.

August 2014



Meet Your Team

Charlotte Aikens, LPN



Meet Charlotte Aikens, licensed practical nurse at the Hagerstown Community Based Outpatient Clinic (CBOC). Aikens moved to Shepherdstown when she was ten years old and has been in the Eastern Panhandle of West Virginia ever since. She completed her licensed practical nurse certification at James Rumsey Technical School in Hedgesville, West Virginia. She started working for the

Martinsburg VA Medical Center in 1987 in the community living center and in 1999 she went to work at the Hagerstown CBOC. Aikens currently serves on the nursing sub-committee for safety and in her free time she enjoys reading, gardening and spending time with her granddaughter, Lucy. "My favorite part of the job is my patients. Veterans are special because they have experienced things that most of us have not," said Aikens. "I love hearing their stories, they are living history."

Sheneal R. Purvis, Recreational Therapist

Meet Sheneal R. Purvis, recreational therapist for the Medical Foster Home Program. This Middlesex County, Virginia native has worked at the Martinsburg VA Medical Center since 2005. Purvis retired from the United States Air Force after 23 years of service, and has a Bachelor's of Science in Kinesiology from Shenandoah University in Winchester, Virginia. She also serves on several



committees such as the EEO Diversity committee and the Department of Rehabilitative Services Awards committee. She considers herself to be a master seamstress, enjoys bowling and making a difference in the lives of Veterans. "The best part of my job is to see the enjoyment on the Veterans faces when I take them some where they have never been before," said Purvis. "Sometime it is just the enjoyment of taking a drive through the country side and not the freeway."

Our Clinic Locations

[Cumberland, Md.](#)
[Fort Detrick, Md.](#)
[Hagerstown, Md.](#)
[Harrisonburg, Va.](#)
[Stephens City, Va.](#)
[Franklin, W.Va.](#)
[Petersburg, W.Va.](#)

Quick Tips

Women Veterans, want to feel fit and get healthy?



Introducing our new Women Veterans MOVE! Class starting August 29.

For more information and to register for the 12 week program, please contact Rebekah Overstreet at 304-263-0811, ext. 3597.



Local Veterans return home with distinctions and awards



Nine Veteran patients returned to Martinsburg VA Medical Center with seven Gold Medals, four Silver Medals and three Bronze Medals during the 2014 National Veterans Golden Age Games (NVGAG) held in Fayetteville, Arkansas. Celestine "LaRue" Nelson, set the female shot put record by over seven meters in her division and Pierce Smith set a new time record in the mile power walk in

his division. "This year's team surpassed last year's medal total, with three less members on the team," said Darren "Chewie" Yowell, medical center recreation therapy assistant and Golden Age Games coach. "It is very positive to see their year round training and wellness program pay off." Competing in his second year of the NVGAG, Zachary Johnson was a first-time victor in the shot put and Fred Wisner received his first Gold Medal in the half-mile power walk while exceeding his personal best in the event. Robert "Sparky" Sparkes, last year's George Gangi Inspiration Award recipient, was the oldest participant at the NVGAG at the seasoned age of 96. "They truly do inspire their fellow Veterans," said Yowell. "We will be inviting new members and begin training in September for next year's games in Omaha, Nebraska." To read the full list of the medals won by each participant, please click [here](#).

Martinsburg VAMC nurse receives first DAISY award

The Martinsburg VA Medical Center (VAMC) Nursing Service proudly recognized staff nurse, Julia Houser, RN, as the first recipient of the DAISY Foundation Extraordinary Nurse Award. Julia Houser is a Maryland native and has been a nurse for five years, working at the Martinsburg VAMC for the past three years. She works on the medical-surgical unit. The DAISY Foundation award recognizes the extraordinary efforts of nurses on a daily basis. Houser was nominated by her peers and as a last wish of a patient. She exemplifies the caring and compassion which is the standard for nurses at the Martinsburg VAMC. "I feel very honored and surprised," said Houser. "I love my job and the people I serve so I feel blessed to receive this award." Houser received a certificate commending her for being an "Extraordinary Nurse." To learn more about the DAISY award, please click [here](#).



A Hidden Gem: the Martinsburg VAMC Walking Trails



The Martinsburg VA Medical Center's commitment to ensuring the best facilities for its Veterans, visitors and staff can be seen through the implementation of walking trails that provide important health and recreational benefits. The walking trails are about 1.3 miles long and allow a safe space for anyone at the medical center to connect with nature through bird watching,

strolling in quiet contemplation, observing local plants and animals and much more. Vietnam Veteran and Move! Program participant, Michael D. Wessell, says "Having these trails gives me a good cardiac workout which is something I don't get every day." Research shows that interacting with nature has important health benefits such as lowering blood pressure, enhancing a positive emotional state, lowering stress hormones and boosting energy levels. To read more, please click [here](#).

